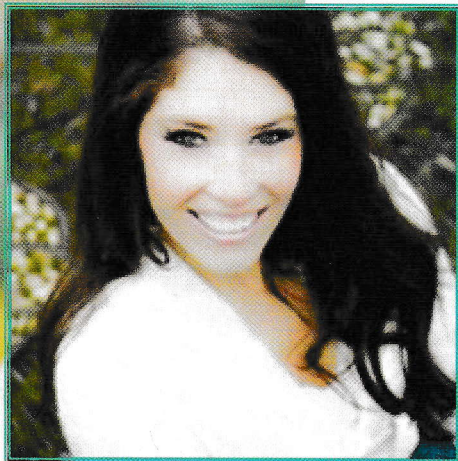


# Gluten-Free **Cupcake** Extravaganza!

## Chef Kyra Bussanich Wins Food Network's **Cupcake Wars** and... *Delight's* **Cupcake Creations!**

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**Chef Kyra Bussanich's** win on Food Network's **Cupcake Wars** was celebrated throughout the gluten-free community. Her mouth-watering gluten-free **Boston Creme Pie Cupcake** beat out the gluten-filled competition. She has brought mainstream awareness to gluten intolerance along with spreading the message that gluten-free can taste great! Between cookbook creation and overseeing her **Crave Bake Shop** located in Lake Oswego, Oregon, Chef Kyra took a few moments out of her busy schedule to share some insight with our *Delight Gluten-Free* family...here's what she had to say:

**DGF:** We'd love to hear your gluten-free story. How long have you been gluten-free?

**Chef Kyra:** I have been gluten-free for almost 8 years now. When I first started thinking about a gluten-free diet, I felt very mournful. There was not the wide variety (nor quality) of gluten-free products that there is today and it was tough to watch my friends eat bread, pizza, pasta and pastries that I couldn't touch. There were some gluten-free products on the market, but nearly all of them tasted like a modified version of something familiar, and virtually none of these crackers, cupcakes and breads were delicious in their own right. I ate a lot of rice in those early days!

**DGF:** What inspired you to launch **Crave Bake Shop**?

**Chef Kyra:** For health reasons, my mom went gluten-free a year before I did. I was the baker of the family, and always used to make Thanksgiving pies and rolls and homemade breads and birthday cakes. Suddenly, she couldn't eat her favorite birthday dessert (a rich Chocolate Mousse Meringue Pie). I reconfigured the recipe to be gluten-free (which she enjoyed even more than the original), so I had one great gluten-free recipe in my repertoire. When I had to go gluten-free, I was suddenly a lot more motivated to expand the breadth of what I could make. I remember looking around at experts in the gluten-free world and the resounding message I kept seeing was "don't expect a gluten-free cake to taste like a regular cake." That felt like a cop out. There's no reason a gluten-free cake can't taste even better than traditional flour-filled cakes, and my win on the Food Network's **Cupcake Wars** only underscored that point!

**DGF:** You graduated with honors from the prestigious Le Cordon Bleu patisserie program. How difficult was it to be surrounded by gluten each day?

**Chef Kyra:** It was very difficult! Everywhere I looked, I was surrounded by freshly-baked breads, pies, scones, cookies. Despite bringing nuts, dried fruit and gluten-free protein bars with me to class each day, the thought of these healthy foods I could eat paled in comparison with the scent of warm bread wafting in the air.

**DGF:** To quote **Cupcake Wars** judge Candace Nelson, "Tasting is believing and Kyra Bussanich from **Crave Bake Shop** served up some seriously good cupcakes - gluten-free or not!" What was the judges initial response when they found out you were making gluten-free cupcakes? Did you need to elaborate on what gluten-free actually was?





**Chef Kyra:** As a baker herself, Candace knows what gluten is, so I didn't need to elucidate on that point. I remember Florian Bellanger (the other judge on Cupcake Wars) wrinkle his eyebrows when I first presented my cupcakes as gluten-free and I was a little worried. I thought my cupcakes were delicious, and had many gluten-eaters also tell me that, but it is always nerve-wracking being judged, especially when those doing the judging are so accomplished in their own right. When Candace called me a “**magical gluten-free elf**” and said she “could not tell that these cupcakes are gluten-free,” I was **twinkling!**

**DGF: What advice can you share on the art of gluten-free baking?**

**Chef Kyra:** Baking is a combination of an art and a science, and with gluten-free baking, that is more so the case. The real key to gluten-free baking is to experiment and not be afraid to occasionally have mishaps. I certainly have had some terribly chewy, tough cupcakes and sandy, crumbly biscuits, but it is only through trying different gluten-free flours and techniques that I have hit upon some of my prize-winning recipes, such as tender, flaky pie crust. And if something tastes great but doesn't look pretty, rename it and use it anyway. Our pie crust was originally supposed to be something else, but didn't work like I wanted. I just gave it a new label and served it with a smile.

Also, consider buying a scale and using recipes that give the weights of ingredients instead of (or in addition to) the volume. A cup of millet does not weigh the same as a cup of tapioca flour or a cup of potato starch. Baking gluten-free is very different and accurate measurements will ensure consistent outcomes.

For more information on Chef Kyra and Crave Bake Shop visit [cravebakeshop.com](http://cravebakeshop.com). Follow them on Twitter: [@cravebakeshop](https://twitter.com/cravebakeshop)

## Cupcake Menu

Cookies & Cream Cupcakes  
Lemon Dream Cupcakes  
Triple Chocolate Cupcakes  
Strawberry Shortcake Delights  
Sweet Vanilla Cupcakes



### Cookies and Cream Cupcakes

YIELD: 12 CUPCAKES

GLUTEN-FREE, SOY-FREE

- 1 cup gluten-free all-purpose flour
- ¾ cup granulated sugar
- ¼ cup cocoa powder
- 1 ¼ teaspoons baking powder
- ½ teaspoon xanthan gum
- ½ teaspoon salt
- ½ cup butter, melted
- ½ cup milk
- 2 eggs, lightly beaten
- 1 teaspoon vanilla Extract
- 1 container Betty Crocker Whipped Vanilla Frosting
- 1 box Jo-Sefs Gluten-Free Sandwich Chocolate O's

1. Preheat oven to 350 degrees F. In a mixing bowl, combine gluten-free all-purpose flour, sugar, cocoa powder, baking powder, xanthan gum, and salt.
2. In the bowl of a standing mixer, combine butter, milk, eggs, and vanilla extract and mix on medium speed until well combined. Slowly add in dry ingredients.
3. Divide mixture evenly into 12 baking cups and bake for 15 to 20 minutes or until inserted toothpick comes out clean.
4. Let cupcakes cool and top with vanilla frosting. Decorate each with a chocolate sandwich cookie.

NUTRITION PER SERVING: CALORIES: 338, FAT: 14.37G, CARBS: 48.05G, FIBER: 0.31G, PROTEIN: 2.57G, SUGARS: 37.73G, SODIUM: 230MG



### Lemon Dream Cupcakes

YIELD: 12 CUPCAKES

GLUTEN-FREE, SOY-FREE, NUT-FREE

- 1 ¼ cups gluten-free all-purpose flour
- ¾ cup granulated sugar
- 1 ¼ teaspoons baking powder
- ½ teaspoon xanthan gum
- ½ teaspoon salt
- ½ cup butter, melted
- ½ cup milk
- 2 eggs, lightly beaten
- 2 tablespoons grated lemon zest
- 2 teaspoons vanilla extract
- 1 container Betty Crocker Rich and Creamy Lemon Frosting

1. Preheat oven to 350 degrees F. In a mixing bowl, combine gluten-free all-purpose flour, sugar, baking powder, xanthan gum, and salt.
2. In the bowl of a standing mixer, combine butter, milk, eggs, lemon zest and vanilla extract and mix on medium speed until well combined. Slowly add in dry ingredients.
3. Divide mixture evenly into 12 baking cups. Bake for 15-20 minutes or until inserted toothpick comes out clean. Let cupcakes cool and top with lemon frosting.

NUTRITION PER SERVING: CALORIES: 334, FAT: 14.30G, CARBS: 47.39G, FIBER: 0.39G, PROTEIN: 2.49G, SUGARS: 37.48G, SODIUM: 357MG

*Give your cupcakes personality with decorative sugars, candy or nuts!*





### Triple Chocolate Cupcakes

YIELD: 12 CUPCAKES

GLUTEN-FREE, NUT-FREE

- 1 cup gluten-free all-purpose flour
- ¾ cup granulated sugar
- ¼ cup cocoa powder
- ¼ cup white chocolate chips
- 1 ¼ teaspoons baking powder
- ½ teaspoon xanthan gum
- ½ teaspoon salt
- ½ cup butter, melted
- ½ cup milk
- 2 eggs, lightly beaten
- 1 teaspoon vanilla extract
- 1 container Betty Crocker Rich and Creamy Chocolate Frosting

1. Preheat oven to 350 degrees F. In a mixing bowl, combine gluten-free all-purpose flour, sugar, cocoa powder, chocolate chips, baking powder, xanthan gum, and salt.

2. In the bowl of a standing mixer, combine butter, milk, eggs, and vanilla extract and mix on medium speed until well combined. Slowly add in the dry ingredients.

3. Divide mixture evenly into 12 baking cups. Bake for 15 to 20 minutes or until inserted toothpick comes out clean. Let cupcakes cool and top with chocolate frosting.

NUTRITION PER SERVING: CALORIES: 201, FAT: 9.57G, CARBS: 24.93G, FIBER: 0.33G, PROTEIN: 2.79G, SUGARS: 16.56G, SODIUM: 164MG

*Cupcake Tip:  
Decorative liners brighten  
your cupcakes and your  
summer dessert table!*



### Strawberry Shortcake Cupcakes

YIELD: 12 CUPCAKES

GLUTEN-FREE, NUT-FREE

- 1 ¼ cups gluten-free all-purpose flour
- ¾ cup granulated sugar
- 1 ¼ teaspoons baking powder
- ½ teaspoon xanthan gum
- ½ teaspoon salt
- ½ cup butter, melted
- ½ cup milk
- 2 eggs, lightly beaten
- 2 teaspoons vanilla extract
- 1 jar strawberry preserves, jelly, or jam
- 1 container Betty Crocker Whipped Strawberry Mist Frosting

1. Preheat oven to 350 degrees F. In a large bowl, mix together gluten-free all-purpose flour, sugar, baking powder, xanthan gum, and salt.

2. In the bowl of a standing mixer, combine butter, milk, eggs, and vanilla extract and mix on medium speed until well combined. Slowly add in dry ingredients.

3. Divide mixture evenly into 12 baking cups and bake for 15 to 20 minutes or until inserted toothpick comes out clean.

4. Let cupcakes cool and then insert an apple corer halfway down the center of each cupcake. Remove and fill the center with strawberry preserves. Top cupcakes with whipped strawberry frosting.

NUTRITION PER SERVING: CALORIES: 338, FAT: 8.47G, CARBS: 59.16G, FIBER: 0.79G, PROTEIN: 4.53G, SUGARS: 35.92G, SODIUM: 157MG



### Sweet Vanilla Cupcakes

YIELD: 12 CUPCAKES

GLUTEN-FREE, NUT-FREE

- 1 ¼ cups gluten-free all-purpose flour
- ¾ cup granulated sugar
- 1 ¼ teaspoons baking powder
- ½ teaspoon xanthan gum
- ½ teaspoon salt
- ½ cup butter, melted
- ½ cup milk
- 2 eggs, lightly beaten
- 2 teaspoons vanilla extract
- 1 container Betty Crocker Rich and Creamy Vanilla Frosting

1. Preheat oven to 350 degrees F. In a mixing bowl, combine gluten-free all-purpose flour, sugar, baking powder, xanthan gum, and salt.

2. In the bowl of a standing mixer, combine butter, milk, eggs, and vanilla extract and mix on medium speed until well combined. Slowly add in dry ingredients.

3. Divide mixture evenly into 12 baking cups. Bake for 15 to 20 minutes or until inserted toothpick comes out clean. Let cupcakes cool and top with vanilla frosting.

NUTRITION PER SERVING: CALORIES: 334, FAT: 14.30G, CARBS: 47.23G, FIBER: 0.28G, PROTEIN: 2.48G, SUGARS: 37.43G, SODIUM: 357MG

*Cupcake Tip:  
Edible decorations like pearls  
and jewels give your cupcakes  
an extravagant look!*